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Tuesday



THOMAS ONDREY/THE PLAIN DEALER/AP

CAFETERIA ATTACK

A teenage gunman kills at least 1 student at an Ohio high school **4**

NO DEAL

The Capitals don't make a move on the NHL's deadline day **17**



FITNESS DESERTS

'Anacostia Yogi' helps students find the power within them **18**

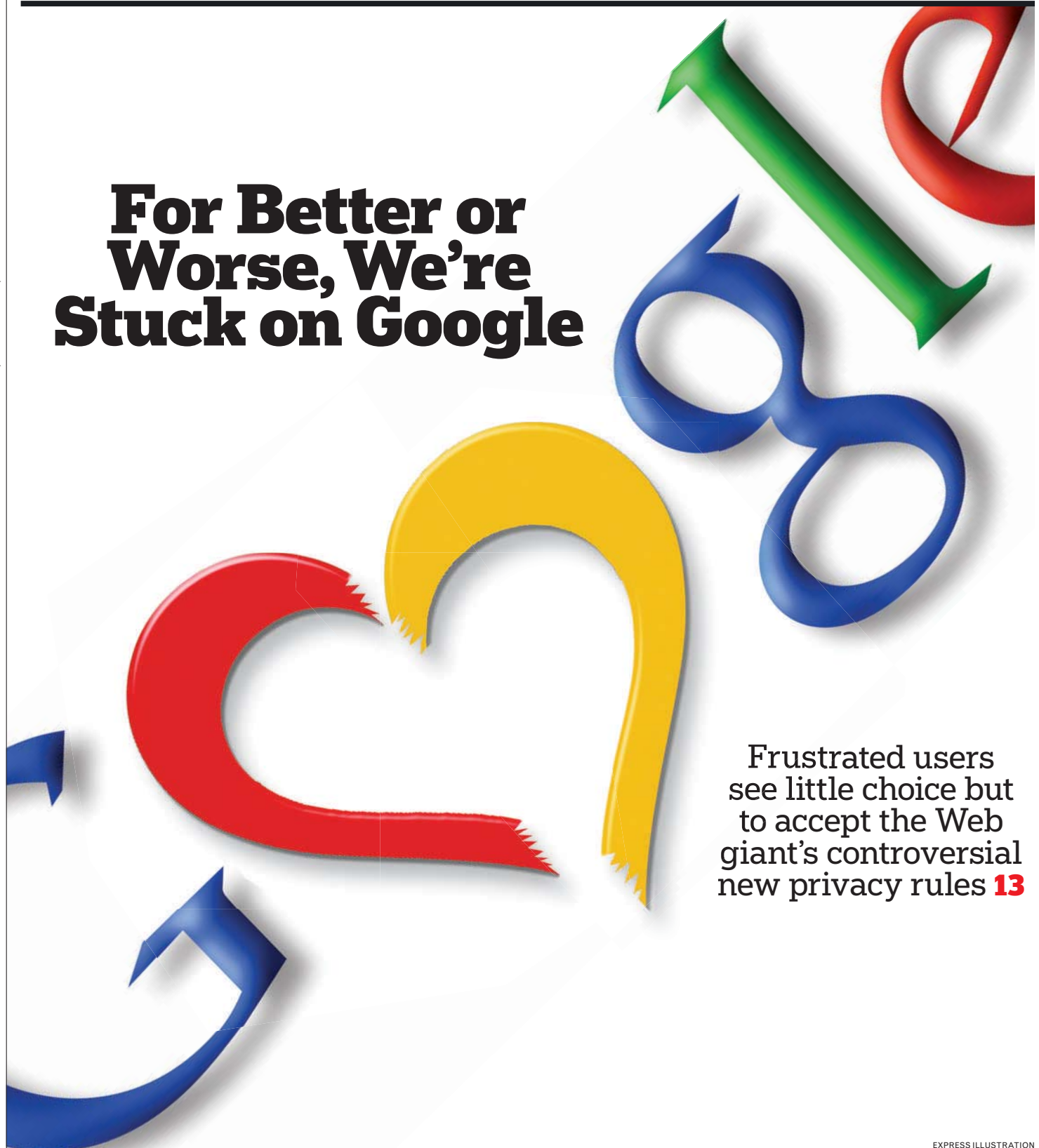


FOR EXTENDED FORECAST, SEE PAGE 33

FEBRUARY 28, 2012 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

For Better or Worse, We're Stuck on Google

Frustrated users see little choice but to accept the Web giant's controversial new privacy rules **13**



EXPRESS ILLUSTRATION



eye openers

TELECAST
Strange Phenomenon Causes City to Smell Academy Awards

Authorities say a mysterious smell in a Phoenix neighborhood prompted 250 calls over two hours, with some people complaining of nausea and headaches. One resident says the odor that blanketed the area Sunday night was similar to strong onions and garlic. The source could not be determined, and the matter may be handed over to the Arizona Department of Environmental Quality. (AP)

EYE ROLL
Everything’s Artisanal

Riverbanks Zoo and Garden in Columbia, S.C., is offering gardeners a chance to put in orders for its famed poop produced by elephants, giraffes and zebras. One cubic yard of the manure will be available for \$43 a load. For those interested in small amounts, pint-size and 2-gallon buckets are placed at zoo entrances throughout the year. (AP)

BOOK SALES
Written for Audiences of One

The Diagram Prize for Oddest Book Title of the Year released its short list Friday. There are seven nominees this year, rather than six, “in recognition of [2011’s] high standard of oddity,” said the organizers. “Estonian Sock Patterns,” “The Mushroom in Christian Art” and “Memoirs of a Japanese Chicken Sexer in 1935 Hebden Bridge” are among the competitors. (EXPRESS)

The Big Picture



I LOVE YOU, GIANT POLE: A man climbs a pole during celebrations of Maslenitsa, or Pancake Week, outside the village of Aksyonovo, Russia, on Sunday. Maslenitsa is a traditional Russian holiday marking the end of winter that dates back to the pagan times. (AP)

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Romney, Santorum Trade Barbs

With Mich. primary on deck, GOP officials fear prolonged battle

Livonia, Mich.

On the eve of a Michigan showdown, Mitt Romney and Rick Santorum swapped insults Monday in a struggle for the Republican presidential nomination growing so long and heated that party officials fretted openly it could harm prospects for winning the White House this fall.

On this day, the subject was their competing plans for the economy.

"Senator Santorum is a nice guy, but he's never had a job in the private sector," Romney said as he and his closest rival charged across the state in a final day of pre-primary campaigning.

Santorum said Romney's tax cut plans mirror the rhetoric of Occupy Wall Street and include "just more Obama-style class warfare."

The ubiquitous polls showed a close race in Michigan, where Romney was born and won a primary in his first bid for the White House four years ago. Santorum surged unexpect-

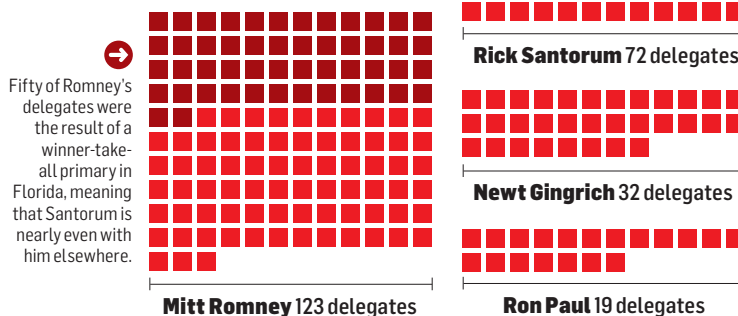


Next Up

Regardless of the outcome of the GOP presidential primaries in Michigan and Arizona, Mitt Romney and Rick Santorum appear headed for a showdown next week in Ohio. Both plan to dash there this week, and their campaigns have spent heavily on advertising there. It's one of 10 that vote a week from Tuesday, with 419 delegates to the Republican National Convention at stake. "It's going to be a sprint," said Terry Casey, a veteran Republican campaign strategist in Ohio. (AP)

Where They Stand

Here are the current delegate totals for the leading GOP presidential candidates, with 1,144 required to win the party nomination this summer at the Republican National Convention. (AP)



edly into contention two weeks ago, benefiting from caucus victories in Minnesota and Colorado and stressing unflinching conservative views on social issues. No matter the winner, the two men stand to split the 30 delegates at stake.

By contrast, Romney is favored to capture Arizona and all 29 delegates in the night's other primary. There, the campaigning has been scarce and the television commercials ever scarcer, sure signs that Romney's rivals have scant hope of an upset.

Gov. Paul LePage of Maine, a Republican elected with tea party support in 2010, said, "It's like a marital battle. Somebody's got to apologize."

Neither of the other two contenders, Newt Gingrich or Ron Paul, has made much of an effort in either Michigan or Arizona.

Michigan is also a prelude to Washington caucuses on Saturday, with 40 delegates at stake, and especially Super Tuesday on March 6, when 10 primaries and caucuses are on the ballot with 419 delegates. DAVID ESPO (AP)

In Brief

LONG BEACH, CALIF.

Death of Girl After Fight Is Ruled a Homicide

Los Angeles County Coroner Lt. Fred Corral said Monday that the death of a 10-year-old Long Beach, Calif., schoolgirl after a fight was a homicide. Corral said that blunt force trauma killed Joanna Ramos, who collapsed at home after a fight with a girl on Friday. (AP)

WASHINGTON

Supreme Court Rejects Emergency Carp Plan

The U.S. Supreme Court refused Monday to order emergency measures that might prevent Asian carp from reaching the Great Lakes, despite a warning that the exotic fish pose a "dire threat" to the region's environment and economy. (AP)

Hearsay

"Where on this planet can you go and say the word 'Titanic' and not get some reaction?"

— AUCTIONEER ARLAN ETTINGER, ON MONDAY, ABOUT THE APRIL 1 AUCTION OF MORE THAN 5,000 TITANIC ARTIFACTS, INCLUDING A CHILD'S BRACELET.



Tattoos With a Message: A small number of Americans use tattoos to warn first responders about important medical conditions. "Bracelets are nice, but ... a tattoo ... is a strong statement," said Dr. Ed Friedlander, a Kansas City pathologist who has "No CPR" tattooed on his chest where paramedics would see it, to show his decision to forgo CPR if his heart stops. The American Medical Association does not address medical tattoos in its guidelines. (AP)

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Nation



A man embraces his child Monday after a teen opened fire at Chardon High School in Chardon, Ohio, killing one student and wounding four before being captured.

School Gunman Kills 1, Wounds 4

Student: Ohio teen
appeared to target
group in cafeteria

Chardon, Ohio

A teenager described as an outcast at a suburban Cleveland high school opened fire in the cafeteria Monday, killing one student and wounding four others before being caught a short distance away, authorities said.

Student Danny Komertz, 15, said it appeared that the gunman targeted a group of students sitting at a cafeteria table and that the one who was killed, Daniel Parmertor, was trying to duck under the table.

Panicked students screamed and ran through the halls after gunfire broke out at the start of the school day at 1,100-student Chardon High, about 30 miles from Cleveland. Classrooms were locked down as students took cover.

Distressed parents thronged the streets around the school as they

heard from students via text message and cell phone long before official word came of the attack.

Two of the wounded were listed in critical condition, and another was in serious condition.

The suspect, whose name was not released because he is a juvenile, was arrested near his car a half-mile away, the FBI said. He was not immediately charged.

**"If you haven't
hugged or kissed
your kid in the last
couple days, take
that time."**

— JOE BERGANT, SUPERINTENDENT OF SCHOOLS IN CHARDON, OHIO, ON MONDAY.

Komertz said the gunman had apparently been bullied. But other students disagreed, saying he was just quiet. "Even though he was quiet, he still had friends," said Tyler Lillash, 16. "He was not bullied." THOMAS J. SHEERAN (AP)

\$88M The amount of money people paid for emergency room treatments for dental problems in Florida in 2010, costing as much as 10 times the expense of preventive care. According to government data analysis, many of the ER visits involved conditions such as toothaches that could have been avoided with checkups. (AP)



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DISCOVERIES

Achoo — It's Bat Flu

For the first time, scientists have found evidence of flu in little yellow-shouldered bats. Research from the National Academy of Sciences said Monday if the virus mingled with more common forms of influenza, it could mutate into something more dangerous, like in "Contagion." (AP)

Automakers Try to Balance Growth, Jobs

Sales of new vehicles could exceed 14M, straining factories

Detroit

Auto sales are growing so fast that Detroit can barely keep up.

Three years after the U.S. auto industry nearly collapsed, sales of cars and trucks are surging. Sales could exceed 14 million this year, above last year's 12.8 million.

The result: Carmakers are adding shifts and hiring thousands of workers across the country. Carmakers and parts companies added more than 38,000 jobs last

year, reaching a total of 717,000. And automakers have announced plans to add another 13,000 this year, mostly on night shifts.

But the newfound success is straining the factory network of the Detroit automakers, as well as the companies that make the thousands of parts that go into each vehicle. This could lead to shortages that drive up prices.

And it also has auto executives in a quandary. They got into trouble in the first place largely because their costs were too high. Now, they fear adding too many workers.

Ford, for instance, is "squeezing every last component, transmission, engine out of the exist-

Bailout

Political Lines

The surge in hiring of employees for the auto industry bolsters the argument of those who supported the federal bailout of General Motors and Chrysler in 2008. The bailout has been a major issue in the days leading up to Tuesday's Michigan Republican Party primary. GOP front-runner Mitt Romney opposed the bailout, which was supported by then-President George W. Bush and later by President Obama. (AP)

ing brick and mortar," says Jim Tetraault, vice president of North America manufacturing.

And the hiring is good news for communities across the country that saw hundreds of thousands of manufacturing jobs disappear. Starting in 2005, GM, Ford and Chrysler closed 28 factories and eliminated 88,000 jobs. Parts companies cut another 234,000.

Now, if sales hit 15 million by 2015, as some experts predict, the three Detroit automakers could hire another 20,000 people, predicts Sean McAlinden, chief economist for the Center for Automotive Research in Ann Arbor, Mich.

TOM KRISHER (AP)

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U.S. to Stick by Afghan Strategy

Mission will not be swayed by Koran protests, officials say

Washington

The Obama administration is sticking determinedly to its stay-the-course message in Afghanistan despite a week of anti-American riots, the point-blank killing of U.S. military advisers and growing election-year demands to bring the troops home.

In an echo of the Bush administration on continuing the unpopular war in Iraq, the White House and Pentagon insisted Monday that the wave of violence against Americans will not derail the war strategy in Afghanistan.

White House spokesman Jay Carney said the violence will not mean faster troop withdrawal.

"The No. 1 priority, the reason



RAHMAT GUL/AP

why U.S. troops are in Afghanistan in the first place, is to disrupt, dismantle and ultimately, ultimately defeat al-Qaeda," Carney said.

About 40 people, including four U.S. soldiers, have been killed in protests and related attacks since the news broke last week of the disposal of Korans and other Islamic texts in a burn pit last week at a

U.S. military base north of Kabul. NATO, France, Britain and the U.S. have pulled their advisers from Afghan ministries out of concern that the anti-foreigner anger might erupt again.

The U.N. also scaled back its operations Monday, moving its staff from an office in Kunduz that was attacked Saturday.

Meanwhile ...

A suicide car bomber rammed his vehicle into the gates of a NATO base and airport in eastern Afghanistan on Monday, triggering a blast that killed nine Afghans, officials said. The Taliban claimed the attack in Jalalabad was revenge for U.S. troops' burning copies of the Koran last week. American officials have called the disposal of the books a mistake and have issued a series of apologies. (AP)

The perception that Afghans are turning on their U.S. advisers complicates President Obama's plan to ease out of combat over the next two years. Tens of thousands of U.S. forces will remain in Afghanistan at least through the end of this year. Afghan forces would have full control of the country's security by the end of 2014. (AP)

In Brief



Rescuers comb the rubble of an apartment building in Astrakhan, Russia.

MOSCOW

Officials: At Least 2 Dead In Apartment Collapse

An explosion apparently caused by natural gas heavily damaged a nine-story apartment building in southern Russia on Monday, leaving two people dead and 12 injured. Officials said at least 11 residents in Astrakhan are missing. (AP)

NAIROBI, KENYA

Italian Cruise Ship Adrift In Indian Ocean After Fire

An Italian cruise liner carrying more than 1,000 people was adrift without power in the pirate-infested Indian Ocean on Monday after a fire erupted in its generator room. There were no injuries, an official said. (AP)



Iran's Post-Oscar Buzz: Iran hailed the country's first Oscar-winning film as a triumph over arch-foe Israel on Monday, giving a rare, if grudging, nod to cinema. "A Separation" beat out an Israeli film and three others in the foreign language category on Sunday, and the made-in-Tehran film, which opened in mid-February, has drawn tens of thousands of Israeli moviegoers intrigued by the chance at a glimpse inside Iranian society. (AP)

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World



A 10-year-old homeless boy draws at a charity-run school in Peshawar, Pakistan.

Pakistani School A Haven for Kids

Charity effort keeps
homeless children
from Taliban, drugs

Peshawar, Pakistan

The boy was 2 when his mother dumped him on the streets, 4 when he spent his first night in a prison cell, being sexually assaulted by an older inmate. Prostitution for money and shelter followed, then hashish and glue-sniffing.

Now 10, he fidgets and stares at the ground, speaking in a near-whisper. "I'm ashamed," he says.

Yet in this rugged northwestern city, he has found refuge in what for Pakistan is relatively rare: a charity-run boarding school for homeless, drug-addicted children.

Around Peshawar, heroin sells for less than \$0.20 a high. "It's the cheapest place in the world to get heroin," says school manager Mazahar Ali, adding that heroin and most other drugs, which come from Afghanistan, are a short walk away.

For Pakistan, the result is more

than 4 million addicts. Some of the youngest end up being drilled in extreme Muslim doctrine by the Taliban.

At the school, a boy named Osama told of memorizing the Koran as the Taliban hovered over him. He said he was tortured.

The Dost Foundation runs the school, which has 32 male boarders. Eleven are intravenous drug users, and two have AIDS. The school psychologist, Umama Zia, brings stuffed animals. She gave the sexually assaulted boy a furry lion hat, which he rarely takes off.

A facility for girls is planned. The charity gets money from the EU, U.S. and U.N., but Dr. Sikander Khan says it is short on funds.

But Khan said the trend might be changing, if only because of the fear that the neglected children will become Taliban fodder.

KATHY GANNON (AP)

231 The number of people nominated for the 2012 Nobel Peace Prize, a spokesman said Tuesday. The five-member committee doesn't reveal nominees, but those with nomination rights can unveil their picks. Bradley Manning, the U.S. soldier accused of leaking classified material to WikiLeaks, is among those up for the award. (AP)

Russia: Plot Against Putin Foiled

Opposition decries report's release as election approaches

Moscow

Officials foiled a Chechen-linked plot to assassinate Prime Minister Vladimir Putin, state television reported Monday in a broadcast likely to boost support for Putin's bid to regain the presidency.

Other candidates questioned the report's timing, which comes ahead of Sunday's presidential election and as Putin has faced unprecedented protests after a scandal-marred parliamentary election in December.



Backstory

Prime Minister Vladimir Putin has portrayed himself as a strong protector of Russia's national interests. Monday's state television report casting him as a Chechen terrorist target could draw public sympathy and help secure a wide margin of victory in Sunday's presidential election. (AP)

Gennady Zyuganov, the Communist leader trailing far behind Putin in the polls, called the report "a cheap trick," the state RIA Novosti news agency reported.

The nationalist party leader, Vladimir Zhirinovskiy, said the plot was designed to appeal to "poorly educated old ladies" and housewives, the news agency reported.

Putin is running for a third presidential term. He is expected to win easily.

Channel One said the suspects were arrested Jan. 4 in Odessa, Ukraine, and were preparing to kill Putin after Sunday's vote.

Officials said the announcement came now because Russia was conducting its own inquiry. (AP)

Syrians Flee Regime's Crackdown



A FAMILY LOADS ITS BELONGINGS before evacuating from central Idlib, Syria, on Monday amid an ongoing deadly crackdown by regime forces. Meanwhile, the European Union slammed fresh sanctions on President Bashar Assad's regime for its 11 months of ruthless repression against civilians.

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Arrest Made in Metro Stabbing

Police say incident with teens was due to 'long-standing' quarrel

Washington

A 15-year-old juvenile was charged Monday for involvement in a stabbing that occurred Sunday evening at the Metro Center stop, transit officials said.

The juvenile's name was not released by Metro officials.

He is charged with assault with a deadly weapon, carrying a dangerous weapon and possession of a prohibited weapon, according to Metro chief spokesman



Metro Transit Police say a juvenile was stabbed on a Metro Center platform Sunday.

Dan Stessel. The case is under investigation, and the juvenile is in the custody of D.C. Youth Ser-

vices, he said.

According to Metro Transit Police officials, the juvenile stabbed

a 14-year-old shortly before 6 p.m. during an altercation on a platform at the station.

Stessel said Monday the two were involved in a "long-standing squabble." The victim was treated at and released from a local hospital, Stessel said.

Metro has had problems in the past with youth getting into fights on trains and at stations. Crime on Metro's system was reported as being down in December 2011 compared to December 2010. The number of incidents involving aggravated assault, arson, burglary, rape and robbery were down to 1,898 from 2,270.

DANA HEDGPETH (THE WASHINGTON POST)

Power Will Be Cut to Dupont Traffic Lights For Upgrades

Transportation

District of Columbia officials are warning power will be cut to traffic signals in Dupont Circle this week for crews to perform upgrades.

D.C. Department of Transportation officials say power to the traffic lights will be cut Tuesday around 10 a.m. For several hours, traffic control officers will direct drivers instead.

The traffic signals are scheduled to be turned back on as normal before the evening rush Tuesday. (AP)

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The **Open Forums** will be from 6:00 - 7:00 p.m. followed by the **Public Hearings** at 7:00 p.m. Please join us at one of the following:

MONDAY, FEBRUARY 27

Bethesda-Chevy Chase Regional Services Center
4805 Edgemoor Lane
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Metrorail stop: ● Bethesda

WEDNESDAY, FEBRUARY 29

Mary Ellen Henderson Middle School
7130 Leesburg Pike
Falls Church, VA

Metrorail stop: ● West Falls Church-VT/UVA

THURSDAY, MARCH 1

Matthews Memorial Baptist Church
2616 Martin Luther King Jr Ave SE
Washington DC

Metrorail stop: ● Anacostia

MONDAY, MARCH 5

Washington Lee High School
1301 N Stafford St
Arlington, VA

Metrorail stop: ● Ballston-MU

TUESDAY, MARCH 6

St. Columba's Episcopal Church
4201 Albemarle St NW
Washington DC

Metrorail stop: ● Tenleytown-AU

WEDNESDAY, MARCH 7

First United Methodist Church
6201 Belcrest Road
Hyattsville, MD

Metrorail stop: ● Prince George's Plaza

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'Occupy 2.0' Bears Fruit

Freddie Mac bends after rally for woman fighting eviction

Washington

While Occupy D.C. protesters have struggled to regain their momentum after their McPherson Square encampment was cleared in a high-profile raid earlier this month, Prince George's resident Bertina Jones was fighting an eviction of her own.

On Monday, an hour after Occupy D.C. organized a noisy rally on Jones' behalf in front of Freddie Mac's offices on Seventh Street, a spokesman for the government-backed mortgage giant said they were working toward a "positive resolution" that would allow her to keep her home.

The speed and the swiftness of the response startled even the Occupiers.



Protesters rally outside Freddie Mac's Seventh Street offices Monday on behalf of a Prince George's County resident who is fighting eviction from the mortgage giant.

"It shows we're having an impact," said organizer Mike Haack, 29, a freelance writer. "It's definitely a positive step."

Without the park as a hub, communication has become more difficult, organizers say, and the future sometimes hazy.

Many believe that the future for Occupy D.C. lies in neighborhood- and community-based activ-

ism, and have dubbed the post-raid era "Occupy D.C. 2.0."

"I think that Occupy 2.0 is about bringing the movement to the people, and the best way to do that is through the neighborhoods," said Ben Zucker, 23, a grocery store worker and a former McPherson Square camper. ANNIE GOWEN (THE WASHINGTON POST)

Md. Rapist Admits More Crimes

Rockville, Md.

A Maryland prisoner known as the "Aspen Hill rapist" for a series of attacks in the early 1980s pleaded guilty Tuesday to three additional rapes in Montgomery dating back to the late 1970s. Timothy J. Buzbee will be sentenced Thursday, and prosecutors said they will seek to have him locked up for an additional two consecutive life sentences.

Buzbee terrorized a swath of Montgomery beginning in 1981.

He was arrested a year later and sent to prison. More recently, detectives trying to crack unsolved rapes gathered evidence still in storage from those crimes and submitted samples for DNA analysis. The tests matched Buzbee, according to authorities, and he was indicted in 2009 for four additional cases.

Buzbee pleaded guilty to three counts of first-degree rape. As part of an agreement, prosecutors will seek a maximum of two consecutive life sentences.

DAN MORSE (TWP)

Past Revealed

Police say Timothy J. Buzbee offered new details about three crimes:

- Buzbee said that on April 14, 1977, he forced a woman into a backyard in Silver Spring and raped her.
- Buzbee said he made a woman undress in a front yard and raped her June 3, 1978, in the Rockville area.
- On Jan. 25, 1979, Buzbee said, approached a woman walking in the Wheaton area. He threatened to kill her and raped her. (TWP)

Va. Ultrasound Bill Vote Delayed

Richmond, Va.

A decisive vote on a bill that would require women seeking abortions to have ultrasound exams will have to wait at least another day. The Senate delayed a vote on the House bill Monday.

The bill was amended to delete a provision mandating an invasive procedure using a vaginal probe that emits ultrasound waves.

The bill before the Senate requires only an external abdominal ultrasound.

The change didn't placate women's groups, abortion rights activists and others outraged at legislation that provoked protests at Virginia's Capitol and ridicule for Republicans by television comedians, columnists and political talk shows.

In a Senate evenly divided between Democrats and Republicans, Republican Lt. Gov. Bill Bolling holds the decisive vote.

A Senate version of the bill was killed last week.

BOB LEWIS (AP)

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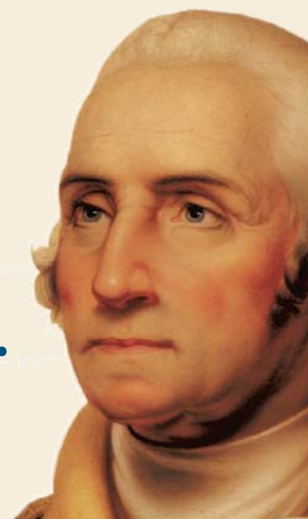
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The Lotteries

Monday, Feb. 27

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Mid-day Lucky Numbers 3-8-2
Evening Lucky Numbers (Sun.) 4-4-9
Mid-day DC 4 4-8-9-1
Evening DC 4 (Sun.) 1-6-8-6
Mid-day D.C. Five 4-6-1-5-3
Evening D.C. Five (Sun.) 5-5-8-0-6

Virginia

Mid-day Pick 3 5-3-3
Evening Pick 3 (Sun.) 7-7-1
Mid-day Pick 4 1-0-2-0
Evening Pick 4 (Sun.) 3-7-3-8
Mid-day Cash 5 (Sun.) 6-26-28-29-33
Evening Cash 5 (Sun.) 4-16-27-31-34

Maryland

Mid-day Pick 3 2-5-2
Evening Pick 3 (Sun.) 6-5-7
Mid-day Pick 4 8-4-1-1
Evening Pick 4 (Sun.) 7-5-7-7
Match 5 (Sun.) 27-28-30-31-36 (23)

All winning numbers are official only when validated at a claims location.

Local

Arrest Made In '07 Md. Rape Case, Police Say

Rockville, Md.

Police in Montgomery County say they've used DNA to arrest a suspect in a rape case from 2007.

Darren Lee Marshall of Upper Marlboro was arrested Monday on a warrant charging him with rape, assault and sex offense.

Police say the sexual assault occurred Dec. 22, 2007, when a member of the housekeeping staff at a Holiday Inn in Gaithersburg reported being raped by a man, who fled the scene.

Police used DNA recovered from the scene to develop a DNA profile, which was uploaded into a national database and matched to Marshall.

A bond review hearing is scheduled for Tuesday. It was not clear whether Marshall has a lawyer. (AP)

Council Gets Cheaper Phone Plan

Washington

D.C. Council Chairman Kwame R. Brown is trying to slash council spending on cell phones after it racked up \$61,000 in bills in a little more than a year due to excessive roaming and data charges, according to council records.

As he searches for ways to make government more efficient, Brown, a Democrat, recently concluded that the council was wasting thousands of dollars each month because it had an outdated group rate for members and employees.

Most council members and about 30 senior staff members use government-issued cell phones or BlackBerrys paid for through the council's \$19 million annual budget. Over the past 16 months, they spent about \$61,000 according to the records.

For a majority of council and staff members, monthly bills were



Council chair Kwame Brown, left, says the council racked up \$61K in phone bills in '11. Ward 8 Council member Marion Barry, right, uses his cell phone on the dais in 2010.

Meanwhile ...

D.C.'s inspector general has found the city's transportation agency risked losing \$3M in federal stimulus funds by not following standard guidelines for the money. The D.C. government received \$124M in 2009 to pay for 15 road projects. The criteria for stimulus funding required that they be "shovel-ready" and that the Federal Highway Administration would approve any plan changes. (AP)

no greater than what many consumers pay for basic cell phone service, between \$50 and \$75 per month.

But some members' bills regularly exceeded \$100 a month, causing the council's secretary, Nyasha Smith, to renegotiate the council's contract with AT&T. The move is expected to lower bills by about a third. "This is about all of us looking at different ways to save money and bringing down the cost of the government," Brown said.

TIM CRAIG (THE WASHINGTON POST)

FASHION

Shirts Square Off

Signs hailing the arrival of retailer Charles Tyrwhitt are plastered all over the storefront windows at 1000 Connecticut Ave. NW. The British shirtmaker is setting up shop across the street from rival haberdasher — and fellow countryman — Thomas Pink. But don't get the two confused. Tyrwhitt carries a wide selection of high-quality poplin and herringbone weaves for at least \$20 less than Pink, where similar shirts start at \$160. (TWP)





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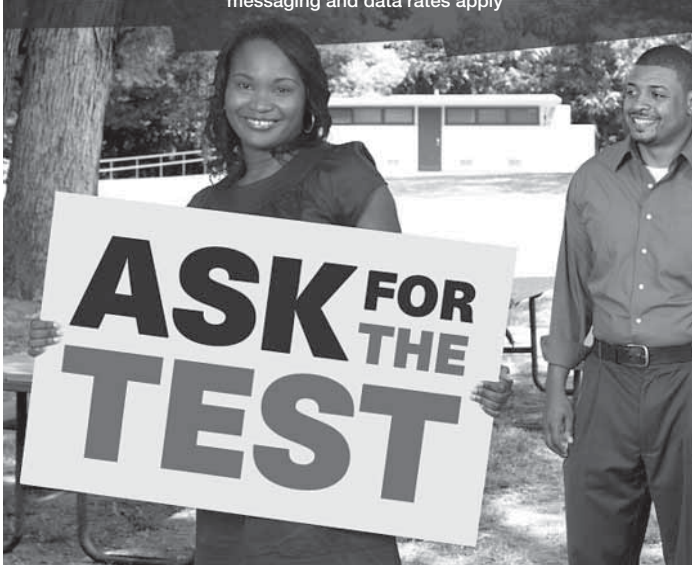
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Elisa and Jamil on a picnic in Fort DuPont Park.

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Cover Story



Broken Trust?

Some Google users find the company's new privacy policy is testing their loyalty

Washington

Google, I wish I knew how to quit you.

That's the frustration felt by Patience O'Connor, who has put two years' worth of sensitive personal and professional information on Gmail and other Google programs and doesn't want Google to use that data to create a detailed profile of her.

But the 65-year-old District resident is also overwhelmed by the thought of starting over with a new email service, transferring her contacts, and combing through thousands of messages to retrieve family pictures and legal documents.

"This is a really hairy choice for me. I'm just really hoping Google changes its mind," she said.

Google on Thursday will begin creating far more comprehensive profiles of its users by following their activities across the company's websites. From videos watched on YouTube to the terms typed in a Google

What Users Think

Some feel their privacy has been invaded. Others are annoyed by Google's PR campaign. But opinions are strong. A sample:

"It's a surprisingly short road from 'Don't be evil' to privacy invasion, at least where Google is concerned."

— **TWITTER USER @TOMMASZ**, ON GOOGLE'S CONTROVERSIAL PRIVACY POLICY, WHICH TAKES EFFECT THURSDAY.

"Who cares? Not sure why people are doing this other than to 'fight the system.'"

— **GIZMODO USER MOLDY912**, COMMENTING ON AN ARTICLE THAT DESCRIBES HOW TO REMOVE YOUR GOOGLE SEARCH HISTORY AHEAD OF THE NEW PRIVACY RULES TAKING EFFECT.

"How can Google know everything about my browsing history but not be aware that I've accepted their new privacy policy 20 times already?"

— **TWITTER USER @STOPSATGREEN**, REMARKING ON GOOGLE'S HEAVY-HANDED APPROACH TO NOTIFYING CONSUMERS ABOUT THE PRIVACY CHANGES.

Striking Change

Google

Google will implement its new privacy policy Thursday.

What is happening?

Google's new privacy policy will place all information about any user signed into a Google account into a single database, which will allow it to compile far more comprehensive profiles of its customers and sell ads better tailored to users.

Who is affected?

The changes affect only users with accounts for Gmail, the social network Google+, photo-sharing site Picasa and other services that require a sign-in, Google says.

What stays the same?

Google has promised to not sell users' personal information, and the company has also pledged to not collect any more data on users than it already does. (TWP)

search, tracking such behaviors will enable the company to sell ads better suited to its customers' tastes.

Users won't be able to opt out. If they don't like the change, Google has said, they can avoid signing into their accounts or stop using Google products altogether.

But that's easier said than done, experts say. For the 350 million people using Gmail around the world, the inconvenience of moving to an entirely new email program is perhaps even worse than changing a mailing address or a bank account.

When Gmail launched eight years ago, it quickly became a leading email service. It was fast, storage was unlimited, and it was easy to search. It became even more useful as Google integrated contact lists, word processing and maps, and then integrated these services on smartphones.

The business plan was clear: Glean information from consumers, sell ads, and keep everything free.

"Let's not forget: Google is a huge advertising business," said Morgan Reed of the Association for Competitive Technology. "This was coming."

Google's privacy changes have sparked the concern of lawmakers, consumer groups and regulators who fear users' privacy may be in jeopardy.

Some antitrust experts say the company's dominance on the Web presents concerns that it isn't providing users with enough flexibility with the privacy changes. The Federal Trade Commission is investigating whether Google uses its leading position in online search to harm competition.

For Amanda McArthur, 28, of Providence, R.I., the privacy tradeoff is worth it. She has come to expect a personal cost to the Web services, Gmail included, that she's used over the past decade.

"Google provides us with enough free stuff that if they want to analyze my information for the purpose of creating even better, free products, then so be it," she said.

CECILIA KANG (THE WASHINGTON POST)

Covering Footprints

After a year of negotiations, the White House on Thursday unveiled privacy guidelines for Web companies that urged them to install "do not track" technology on browsers but fell short of requiring it. Tech giants, in particular Google, breathed a sigh of relief. They would agree to curb some tracking activities, but it would largely be on their terms and wouldn't hobble their cash cow. (TWP)



Sports

Swengali

Nats Couldn't Let Zimmerman Leave

Ryan Zimmerman is not the best player in Major League Baseball. He's not even the best third baseman in the big leagues. Heck, the Nationals third baseman is probably not even the best player on his own team.

Now that we've cleared up what



By Matt Swenson

Zimmerman is not, let's move on to what he is — and I don't mean a very rich man (though he is!).

Zimmerman is the rare player who takes loyalty seriously. Sure,

he's a terrific fielder and clutch hitter, but that's not what led Washington to sign the All-Star to a \$100 million contract extension two years before his old deal was up.

Zimmerman is proud to be a National. The club couldn't take that lightly.

The Nats locked Zimmerman up because he wants to be like Cal Ripken and play for only one team. Zimmerman's evolution from the franchise's first pick since it moved to D.C. to team leader has proved that.

For some reason, he's proud to be a National. The club couldn't take that lightly, given that Zimmerman was its only selling point until Stephen Strasburg and Bryce Harper were drafted.

D.C. sports fans have seen the results when a local team opts to shell out big bucks for other teams' stars rather than its own. The Redskins have proved that model doesn't work.

So while Zimmerman isn't in the class of Albert Pujols or Prince Fielder — who have comparable big deals — he's worth it to the Nats, who couldn't afford to let their franchise player get away.



To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Wizards Breakdown

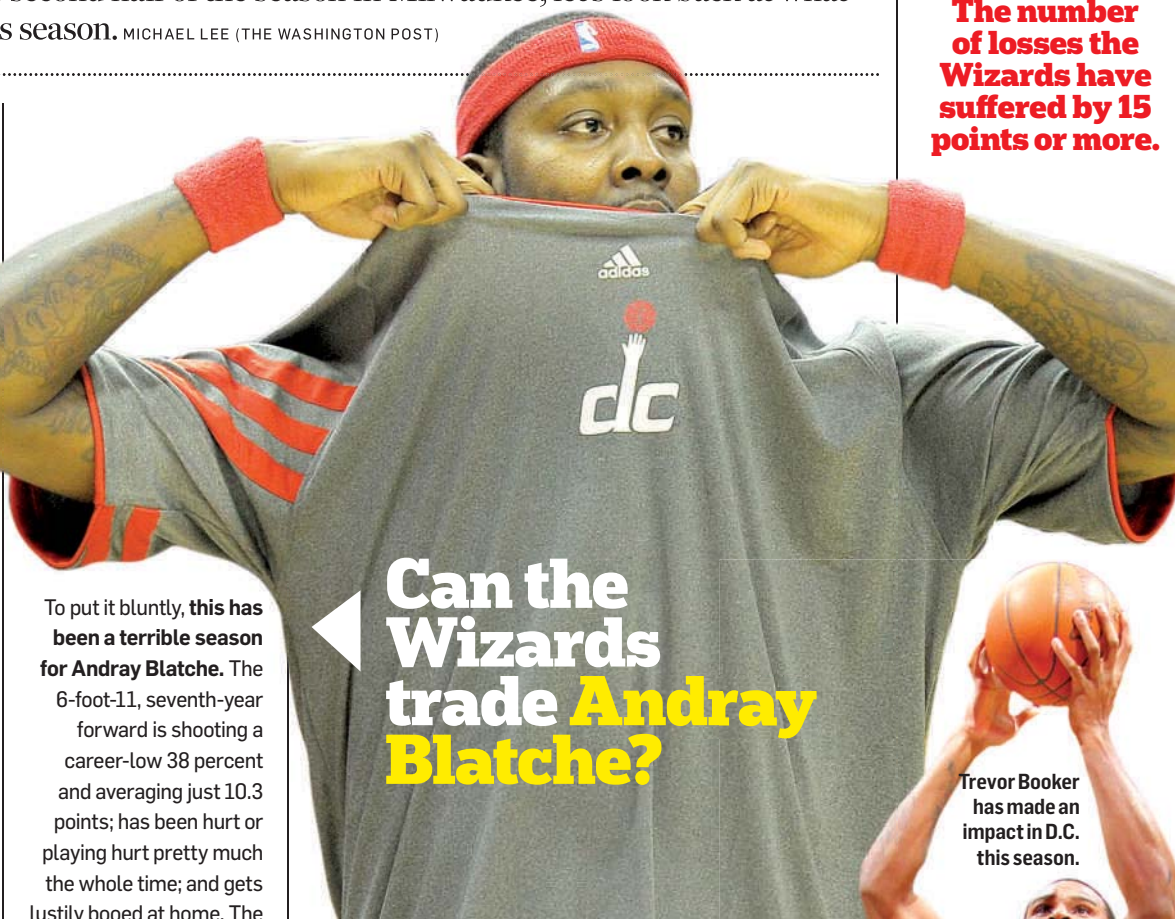
An awful first half raises critical questions for the rest of the season

It's halftime. The Wizards have played 33 of the 66 games in this compressed, lockout-shortened season, and they have lost 26 games and a head coach. Flip Saunders' firing after a 2-15 start was the boldest move that has been made during the rebuilding process and signaled that more change is likely on the way as Wizards President Ernie Grunfeld's contract nears its expiration. As the team gathers for the first game of the second half of the season in Milwaukee, let's look back at what stands out so far this season. MICHAEL LEE (THE WASHINGTON POST)

16

The number of games the Wizards need to win to avoid matching or setting a futility mark.

The Wizards are on pace to win just 14 games, which would guarantee the worst winning percentage in franchise history. In 2008-09, they were 7-26 after 33 games — and actually dropped to 7-31 — before finishing with 19 wins in an 82-game season, tying the franchise low. When the Wizards went 19-63 in 2000-01, they also started out 7-26 and eventually went 7-34. The worst team in franchise history, the 1961-62 Chicago Packers, started out 8-25 after 33 games but finished 18-62 with a .225 winning percentage. The current Wizards have a .212 winning percentage.



Can the Wizards trade Andray Blatche?

To put it bluntly, this has been a terrible season for Andray Blatche.

The 6-foot-11, seventh-year forward is shooting a career-low 38 percent and averaging just 10.3 points; has been hurt or playing hurt pretty much the whole time; and gets lustily booed at home. The Wizards have aggressively tried to deal Blatche in advance of the March 15 trade deadline, according to multiple league sources, but struggled to find any takers due to his struggles on and off the court. Blatche is certainly open to a change of scenery, according to a person close to him. The team discussed dealing Blatche to Charlotte last month for Tyrus Thomas but was rejected.

12

The number of losses the Wizards have suffered by 15 points or more.

Who will emerge?

The Wizards have just two lottery picks to show for the past three lottery seasons: John Wall and Jan Vesely. Wall is solidly a part of the Wizards' foundation. But the difficult decision will be determining which players will be keepers and which players can be used as trade bait. The 6-foot-11 Vesely will have the best opportunity to stick around long-term, since the Wizards invested the sixth overall choice in him last season. Among the players taken in the past two drafts, Trevor Booker has been the Wizards' most productive player not named Wall this season. Jordan Crawford, who exploded onto the scene last year, appears to have broken out of this season's slump by averaging 21.2 points in his past five games. Kevin Seraphin, Chris Singleton and Shelvin Mack have done little to distinguish themselves.

Trevor Booker has made an impact in D.C. this season.



Bryant Suffers Fractured Nose In All-Star Game

Pro Basketball

The Los Angeles Lakers say Kobe Bryant has a "nasal fracture" after he was smacked in the nose by Dwyane Wade during the NBA All-Star game.



Bryant

The team said on its website Monday that a CT scan revealed the extent of the injury, and the star guard will be re-evaluated by an ear, nose and throat specialist when he returns to Los Angeles.

Bryant was bloodied during Sunday night's game in Orlando, Fla., which the West won, 152-149. He was knocked to the floor by Wade and examined after the game. (AP)

Another Soggy Day at Daytona



PHILAN M. EBENHACK/AP

PARKING ATTENDANT TYLER BOUNELIS sits near an empty parking lot at Daytona International Speedway on Monday. The Daytona 500 was delayed until 7 p.m. on Monday due to rain, after being postponed for rain Sunday.



Looking Ahead: Bryce Harper did not start any spring training games last season, but with Davey Johnson adamant about letting him compete to make the opening day roster — and, just maybe, wanting to showcase the 19-year-old phenom — Harper sounds likely to start the Nationals' spring training opener Saturday against the Astros. Former Nationals soft-tossing right-hander Livan Hernandez will start for Houston, a delicious subplot on its own. (TWP)

Griffin Makes a Good Impression at Combine

Pro Football

Robert Griffin III was able to impress teams and scouts without throwing a pass at the NFL combine.

There was his official time of 4.41 seconds in the 40-yard dash, the fastest among quarterbacks, and the Heisman Trophy winner believes he ran even faster. And there were interviews with at least eight teams, including the Indianapolis Colts, who have the No. 1 draft pick.

"I was able to show people that I am as advertised," Griffin said Monday.

Maybe Griffin gave the Colts

more to consider amid consistent speculation that they will use the top pick April 26 on Stanford's Andrew Luck. If nothing else, RG3 likely created even more of a premium for the No. 2 pick held by St. Louis. The Rams already have a young quarterback in Sam Bradford and could be willing to deal the pick.

Griffin's pro day will be on the Baylor campus March 21, the day before Luck has his. Among the familiar receivers Griffin will get to throw to is teammate Kendall Wright, an NFL prospect himself. "This is easy now. ... The stress is over," Griffin said. (AP)

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Sports

Caps Don't Make a Move

GM McPhee stands pat as NHL's trade deadline passes

The Capitals

For the second time in four years, Capitals general manager George McPhee stood pat at the NHL's trading deadline on Monday.

On a relatively slow deadline day across the league, the Caps' inactivity was a bit surprising. Despite two-straight wins, the team is sitting at ninth in the Eastern Conference and a point out of the playoffs.

"We weren't interested in moving anyone out of here," McPhee said. "There wasn't anything that was right for our club."

The Caps came into the deadline with some question marks swirling above their veteran players, but rumblings that defenseman Roman Hamrlik and veteran forward Mike Knuble were primed to be packed away for a potential second line center never materialized.

Knuble has been a healthy scratch five times in the past month, and Hamrlik has been openly critical of coach Dale Hunter.



Capitals GM George McPhee opted against making a trade at Monday's deadline.

Backstrom on Ice



The Capitals made an internal roster move Monday by placing center Nicklas Backstrom on long-term injured reserve. Backstrom has been dealing with concussion symptoms from a hit delivered by Rene Bourque on Jan. 4. The move, retroactive to the day of the injury, could net \$7.6 million in salary cap space. (R.A./AP)

"Everyone wanted to add, but no one wanted to sell," he said. "I wasn't interested in futures [and] prospects."

He added: "We weren't going to make a mistake. We weren't going to make a bad deal."

The last time the Capitals didn't make a player exchange at the deadline was during the 2008-09 season. Washington reached the second round of the NHL playoffs that year, losing to the Pittsburgh Penguins in seven games.

REED S. ALBERS

TV Lineup

CAPITALS (7 P.M., CSN) The Caps play their first game after the trade deadline against the New York Islanders.

WIZARDS (8 P.M., CSN+) The Wiz start the second half of the season against the Milwaukee Bucks.

MEN'S COLLEGE HOOPS (7 P.M., ESPN, ESPN2; 9 P.M., ESPN) NCAA Tournament-bound Michigan State and Indiana tip off; Kansas State plays Texas A&M; and Florida visits Vanderbilt.

PRO HOCKEY (7:30 P.M., 10:30 P.M., NBCSN) The Los Angeles Kings and the Minnesota Wild face off, followed by the Philadelphia Flyers' taking on the San Jose Sharks.

In Brief

MEN'S COLLEGE HOOPS

No Change at Top of Poll

Kentucky and Syracuse are the top two teams in The Associated Press' Top 25 for a fifth-straight week, while Kansas moves up to a season-high No. 3. Kansas, Duke, Michigan State and North Carolina all moved up one place to be third through sixth. Missouri, which lost twice last week, dropped four spots, to seventh. (AP)

HOYAS WOMEN'S HOOPS

Red Storm Stops Hoyas

A successful regular season for Georgetown's women's basketball team ended on a down note Monday. The Hoyas lost

to St. John's, 54-45, at McDonough Arena. The Red Storm and Hoyas had both already clinched double-byes in the Big East tournament. (EXPRESS)

PRO BASKETBALL

Kings Reach Arena Deal

Sacramento's efforts to build a new arena for the Sacramento Kings have never been closer to becoming a reality. The city, the NBA and the Kings announced a tentative deal Monday to finance a new arena that would keep the team in California's capital. The City Council is expected to vote on the plan March 6. (AP)

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Guinea Pig | Undead Tired

With brain-eaters after you, you'll pick up the pace. That's the idea behind "Zombies, Run!" (\$8, iTunes store), an app that transforms any jog into a sci-fi action flick. Your playlist is repeatedly interrupted by transmissions telling you snippets of the story (you're gathering supplies for a small township under siege). The plot is a welcome diversion on a morning run, but you'll wonder why no one else is scared of that guy lumbering down the block.



See your weekly Gold's Gym Trainer Tip on the next page.



TEDDY WOLFF

A Difficult Position

Sariane Leigh sits in pigeon pose on the boat pier at Anacostia Park, where she enjoys running and biking. She's working to improve health east of the Anacostia River.

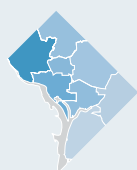
Anacostia Yogi blogs about the programs and people improving health in her neighborhood

None of her yoga-teacher training quite prepared Sariane Leigh for leading her first classes in Washington east of the Anacostia River five years ago. "I'd ask, 'Who has health issues?' And no one would say anything," she says. Realizing that couldn't be true, she switched to more specific questions, such as "Do you have diabetes?" and "Do you have high blood pressure?" The answer was yes — and, too often, it still is.

"They don't acknowledge these as problems," says the 34-year-old, who's dedicated herself to turning around the health of this community — her community — through teaching and activism,

"It seemed unjust. It's not so insurmountable to bring wellness here."

— SARIANE LEIGH, YOGA INSTRUCTOR, WELLNESS ACTIVIST AND BLOGGER BEHIND ANACOSTIAYOGA.COM.



Fitness Deserts

A series examining disparities in physical activity opportunities in Washington.

as well as her blog, Anacostia Yogi (Anacostiayoga.com), which has highlighted health resources since 2009.

When the Baltimore native first came to the District in 2005 to start graduate school at George Washington University, she moved in with her cousin in Anacostia. Leigh, who'd just returned from a two-year stint in Belize with the Peace Corps, couldn't really afford to live anywhere else. But the lack of access to healthy food and safe physical activity bugged her. "It seemed unjust," she says. "It's not so insur-

mountable to bring wellness here."

She thought yoga, in particular, would be an effective approach. She'd been introduced to the practice by friends in Belize, who suggested sun salutations, breathing techniques and basic sequences as ways to help her cope with her mother's death from diabetes in 2003. "And it worked," Leigh says. "I didn't need antidepressants or to leave the Peace Corps."

What struck Leigh, a lifelong athlete who's been certified in aerobics for a decade, was that yoga isn't merely fitness. It's a form of self-empowerment, which is exactly why it belongs in lower-income areas. "Yoga is all about you. You don't need a teacher or equipment or fancy pants," she says.

At her classes east of the river, you also don't need money. With the support of grants, Leigh has been able to

Event Horizon

Body Talk

People searching online for anything about wellness in Wards 7 and 8 often wind up at Leigh's blog, which is why she tries to provide a one-stop shop for area resources and events. Over the past few years, she's witnessed remarkable growth in the number of programs focusing on health east of the river. She's doing her part by hosting her second-annual "Your Body-Your Life" workshop March 12 at 7 p.m. at Hillcrest Recreation Center. The free event features yoga and tips on getting healthier food into corner stores. Register at Anacostiayoga.eventbrite.com.

offer free Soulful Flow Yoga at Hillcrest Recreation Center, a facility in a location with few other exercise options.

Keeping the classes complimentary also helps encourage folks who don't see themselves as yogis because they don't fit the stereotype of a "thin blonde with disposable income," Leigh says. With her healthy curves, Leigh aims to be a role model for her students. "I want them to think, 'If her body can do it, my body can do it,'" says Leigh, who emphasizes that there are modifications and adjustments for women of any size. "You can lift your belly out of the way and lift up your boobs."

In each of her students, Leigh sees a little bit of her mom. "I saw her pass from a preventable illness and watched her health deteriorate based on habits," she says. "A lot of black women take on stress in ways that people don't see. I tell them to forget about their husband, kids, work. Give yourself the hour."

But Leigh doesn't want her students to stop there. At class, she encourages them to consider which resources they want more of in the community, to document their experiences and to email their city council representatives. Her goal: to turn them all into Anacostia Yogis. VICKY HALLETT (EXPRESS)

baggagecheck



Prince Charming's Alarming

Q I'm worried about my friend's new relationship. The guy is very charming and good-looking, but I just don't think he treats her well. I've heard him make fun of her job, tell her she'll never go back to school, put down the way she dresses, etc. My friend is head-over-heels and can't stop talking about how awesome he is and how she can't believe she found him. I want to say something, but I don't know how. WORRIED BFF

Has she had a history with guys who don't treat her well? If this is a pattern, you can feel justified in bringing it up as a larger concern about her belief in herself (that perhaps generalizes to her non-romantic life as well).

If this guy is the first wolf in sheep's clothing, your job is a little more delicate, as she might be

prone to thinking you just don't happen to click with him in particular.

Pick a private, leisurely time, and broach it not as an indictment of him but as a desire to listen to what she's thinking: "Hey — I'm so happy to see you happy. I noticed him making fun of you a bit the other day, though."

Where You Stand On Her Big Day

Q My cousin and I have always been extremely close. I'm an only child, and she has a younger sister who's very rude (I think she has Asperger's). My cousin got engaged a few weeks ago, and my aunt asked my mother to tell me that I won't be the maid of honor. It will be her sister. Of course, I'm devastated. I also don't know why she couldn't tell me herself. Now I feel like I don't want to be in the wedding at all. HURTING, VA

Please don't use a permanent solution for a temporary problem. Making a big stink about this will keep the conflict going indefinitely, when in reality this could be turned into a simple question of who stands where for a half-hour. Your cousin's decision could be about any number of things unrelated to you: pressure from her parents; a peace offering for her sister; an expression of optimism and faith about her sister's mental health; a way to assuage her guilt over something you'll never even know about.

I understand how hurtful this is to you, but you already won. You've always been closer to your cousin than her own sister is — a sister who has been dealt her own set of challenges.



@ Send your questions to Dr. Andrea Bonior at baggage@readexpres.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (friendshipfix.com).

Event Horizon Next Evolution

Urban Evolution is no longer the one gym in town that encourages you to act like a ninja; it's two gyms. The second location — a 9,200-square-foot spot at 8442 Kao Circle in Manassas, Va. — opens Saturday at 1 p.m. with an afternoon of free classes in parkour, aerial silks and break dancing. At 5 p.m., it's open gym, so you can go wild testing out your skills on an array of obstacles. For more details, call 571-215-8218 or visit urbanevo.com.

Meet The Trainer

Casey Crowley

Certified Personal Trainer
Rockville Town Square
Gold's Gym

Casey is a marathoner, tri-athlete, swimmer and kickboxer. She believes in down-to-business hard work and not allowing excuses to stand in the way of achieving goals. Her passion is helping clients succeed in finding aspects of their fitness journey that motivate and drive them to never give up. Casey has a BFA from New York University and is currently a Master's Candidate at American University studying transnational crime, counterterrorism and cyber warfare.

Certifications:

National Academy of Sports
Medicine - Certified Personal
Trainer • CPR & AED



To schedule an appointment with Casey or another Gold's trainer, come to a Gold's Gym location near you or visit our website.

Trainer Tip of the Week

Pick a range for your ideal weight instead of fixating on a particular number. You'll feel guilt-free when faced with the small fluctuations that occur naturally day-to-day. When you need more guidance in deciding what this range should be; call me, I'm here to help.

f GoldsGym.com

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fit phys ed



Miss Amy & Her Big Kids Band want to help start a new art movement on Saturday.

Perspiration As Inspiration

Corcoran's family day teaches children that movement is also art

A museum exhibit that includes a sculpture made of cheese balls might not seem like it's sending the healthiest message to kids. But the Corcoran Gallery of Art is using "Claire Healy and Sean Cordeiro: Are We There Yet?" — which depicts how much food a person would need to survive a journey to Mars — as the centerpiece of its annual family day. And the space theme is designed to blast some calories as it introduces youngsters to the art world.

"I'm going to expect them all to be stars," says Miss Amy, who combines music and movement in her fitness rock concerts. As she performs with Her Big Kids Band (at 11 a.m. and 1 p.m.), her goal is to get everyone marching, jumping and doing the occasional yoga pose — although she would never call it that. "It's 'Let's balance on one foot like a flamingo,'" she says. Mom and Dad, you're invited to the party. "Kids want to see their parents moving," Miss Amy adds. "I ask them to join along."

It'll probably feel strange at first to do something in a museum other than stand and stare, but that's why

it's so critical to participate, says Holly Bass, a writer/performance artist who's directing break-dancing workshops (at 10 a.m., noon and 2 p.m.). "Art is often intellectual and heady," she says. "It's important, especially for young people, to experience art in a physical way."

They'll do that with the help of a crew of b-boys and b-girls in astronaut suits, who'll be demoing tricks and teaching the basics of breaking. The style of dance, which often appears to defy gravity, offers more than just a wow factor. "Because it seems impossible, it expands the realm of what we feel we can accomplish," explains Bass, who pushed the limits of her own body for an "endurance" performance at the Corcoran earlier this month. (She spent seven-straight hours dancing in a glass cube.)

Children with extra stamina can also take part in science experiments, Martian mask making and other hands-on activities. Moving around the museum is a different kind of space exploration than you can do in a rocket ship, but that doesn't mean it'll be any less out of this world. VICKY HALLETT (EXPRESS)

● Corcoran Gallery of Art, 500 17th St. NW; Sat., 10 a.m.-4 p.m.; free; 202-639-1700; Corcoran.org/familyday.

Nurture Your Noggin

When your mind's looking good, so are you, according to the new book 'Use Your Brain to Change Your Age'

Daniel Amen wants to get inside your head. The 57-year-old psychiatrist, who's spent more than 20 years studying brain scans, has used the research collected at his four Amen Clinics (including one in Reston, Va.) to create a program designed to keep



you looking, feeling and — most importantly — thinking younger. In "Use Your Brain to Change Your Age" (\$26, Crown Archetype), he explains why improving your diet; limiting alcohol and caffeine; increasing your physical activity; getting enough sleep; reducing stress; and constantly learning are noggin-boosting habits.

When you say use your brain to change your age, you're not just talking about the power of positive thinking.

You can do positive thinking all day long, but if you're overweight and have diabetes

or hypertension and you're not exercising and not really thinking about your brain, then you're in trouble. And you won't be thinking positively.

How does being overweight affect your brain?

It's really quite terrifying. We published two studies last year that showed that as your weight went up, the function of your prefrontal cortex went down. The prefrontal cortex is the front third of the brain that's involved with things like judgment, forethought, impulse control, organization and planning. Two-thirds of our country is overweight. We should really take this crisis in obesity very seriously because it's going to lead to a crisis of brain health.

Why is it so easy for us to make excuses for eating poorly or drinking too much alcohol?

Because we don't care about our brains. When you get up in the morning and look in the mirror, you go, "Hmmm. I don't like how that looks." You can do something to change it: Comb your hair, put on skin cream, whatever. Nobody looks at their brain, and because they don't look at it,

they don't think about it.

But if we can change our brains, lapses aren't so bad, right?

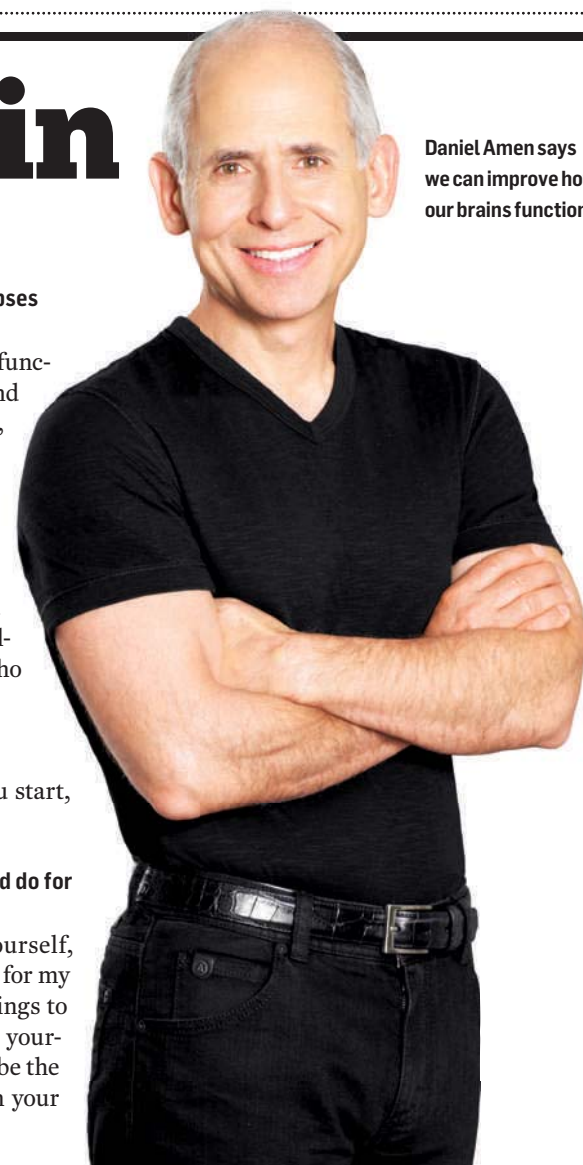
You can literally improve how it functions. We looked at 115 active and retired football players. As a group, their brains were terrible. But on our program, their brains got better. If you rehabilitate these brains, there's less depression, less dementia, and if we can rehabilitate NFL players who've been hit in the head 30,000 times, then let's work on soldiers and the 2 million people who have car accidents every year.

So all is not lost.

All is not lost, but the sooner you start, the better.

What's the No. 1 thing people should do for their brains?

Before you do anything, ask yourself, "Is this good for my brain or bad for my brain?" And know the lists of things to avoid and things to do. Just ask yourself that one question and it will be the start of a great relationship with your brain. STEPHANIE KANOWITZ



Daniel Amen says we can improve how our brains function.

COURTESY DANIEL AMEN

SIGNS YOU NEED SLEEP

Chronic lack of sleep can lead to a host of health problems, but these are the first hints that you really need to hit the sack.

ABBY LERNER (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)



You don't want lunch.

A lack of sleep can make you constantly want to eat more, or persistently feel like you're not hungry. It throws off your internal clock, resulting in abnormal feelings — which is why so many people lose or gain weight during periods of sleeplessness.



You've looked at three websites in the past five minutes — and checked your email twice.

No, you (probably) don't have attention deficit disorder. Whether you're writing a quick email or solving chemical equations, a lack of sleep can make focusing seem impossible.



You can't find your car keys.

Your brain needs sleep to refresh and regenerate. Without it, your short-term memory may be impaired, which is why pulling an all-nighter rarely yields better results than getting high-quality shut-eye, says sleep physician Neil Kline.



You can't manage to carry on a conversation.

Come Saturday night, you may work a party like a professional, but as long as you're sleep-deficient, coming up with witty — or even coherent — one-liners is completely out of the question.



You're drowsy at the wheel.

Your eyes may glaze over now and then when you're staring at the computer screen or stuck in an endless meeting, but if you struggle to stay awake behind the wheel — or while doing any task that puts your life at risk — you're not just bored. You need more sleep.



You feel sick — and you never feel sick.

Your immune system repairs and strengthens while you sleep. So in addition to eating flu-fighting foods (try loading up on citrus fruits and garlic), log at least seven hours a night to stay healthy all winter.

lookout



As the Urn Turns
Ryan Seacrest wasn't
in on the red-carpet
'Dictator' stunt **35**

Sound Bets



COURTESY SOJA

'Strength' to Thrive

White reggae groups and black rock bands have something in common: Critics are usually describing their members' skin color before addressing their music. It will be this way until, as the late Ethiopian Emperor Haile Selassie told the United Nations in 1963, "the color of



By Christopher Porter

a man's skin is of no more significance than the color of his eyes." But since the post-racial society is a dream, SOJA's most obvious characteristic is still

its melanin deficiencies.

The veteran Arlington ensemble mostly manages to mute the issue by writing tunes that don't sound like pasty jam-band approximations of reggae. And though SOJA's new album, "Strength to Survive," is on Dave Matthews' ATO label and the group does receive a ton of support from patchouli-bathers, its songs sound plucked from the politically conscious 1970s roots-reggae scene. Singer Jacob Hemphill, center, has a boatload of charisma, too, which helps win over audiences regardless of race. Now, if society would just let him.

● 9:30 Club, 815 V St. NW; May 18 & 19, 8 p.m., \$22.50; 202-265-0930, 930.com. (U Street)



Read Christopher's previous columns at: expressnightout.com/soundbets



PBS

Getting to Know The Amish

The Amish have no central church structure and have many different subgroups often distinguished by the color of their buggies. Each congregation has about 25 to 35 families, with church services held in homes and conducted by members. The 1,900 congregations each make their own rules; some don't permit members to ride bicycles, for instance, while another one a few miles away may allow members to do so. (AP)

A Simpler Culture

The documentary series 'American Experience' captures many angles of the Amish way of life

Television

Faced with subjects whose religion and culture prohibit them from giving interviews on camera or posing for pictures, many filmmakers would have given up.

The folks at PBS' "American Experience" stuck with it, however, and emerged with a revealing look at the Amish, a religious community of about 250,000 centered primarily in rural Pennsylvania, Ohio and Indiana. The film, "The Amish," premieres today at 8 p.m. on PBS.

Distinguished by their horse-and-buggy mode of transportation, the Amish proved not only elusive to study but more complex than most outsiders realize.

"It grew on me how interesting they

19



Even though the Amish are not evangelicals — they don't invite outsiders in — the size of the Amish population is doubling every 19 years, says Donald Kraybill, who has written several books about the Amish. This means Amish children are staying in the church in record numbers. (AP)

were and how intriguing they were and how relatively little we knew about them, even though busload after busload of tourists come in to see them," says Mark Samels, executive producer of "American Experience." As he got to know many Amish, Samels found them as baffled by the idea of being a tourist attraction as the outsiders were of them.

A Christian offshoot, the Amish church was formed in Europe 300 years ago, but its members were persecuted for their belief in adult baptism. They settled in Pennsylvania in the 1730s.

They blended in fairly well with a simple, rural life working the land, at least until the Industrial Revolution. The rest of America modernized, but the Amish didn't. And that makes them stand out.

PBS filmmakers spent a year on "The Amish," getting to know the people and building trust that they weren't looking to exploit the church. They learned their way around the restrictions. While church

rules prohibit the Amish from posing for pictures, filmmakers could take footage of members working on farms or walking into church — at least to a point.

"There will be a time when someone walks over and invites you to leave, and you need to respect that," Samels says.

Similarly, they don't give on-camera interviews because of a tradition of individuals' not calling attention to themselves, says Donald Kraybill, a scholar at Elizabethtown College and author of books on the Amish. Church members did speak off-camera, and as a result, the PBS film is essentially narrated by the Amish.

"The Amish" also includes interviews with two people who have left the church, unable to handle the sublimation of individuality, and addresses the difficult topic of shunning.

"We didn't want it to be this romanticized view of the Amish," Samels says. "We wanted it to be real."

DAVID BAUDER (AP)

39M

The number of people who watched the Academy Awards on Sunday, according to Nielsen. Billy Crystal's return as host helped boost the viewership past 2011's mark of 37.9 million but fell short of the 40 million who tuned into the Grammys earlier this month — only the second time a Grammy telecast has topped the Oscars. (AP)

Career Makeover

Jessie Baylin revives her sound after a major-label letdown

Music

Most up-and-coming artists would love to land a major-label contract. For Los Angeles-born, Nashville-based singer-songwriter Jessie Baylin, that dream turned into a nightmare. Baylin released two albums of smart but largely indistinctive montage pop on the Universal Music Group-owned Verve Records, but “I felt I was going into a genre that I really didn’t choose,” she says.

Baylin negotiated herself out of that contract and set about making music that felt truer to herself. Released last month, “Little Spark,” marries sharp songwriting with Brill Building-style girl-group melodies and a looser production that puts a fresh spin on those retro sounds. “The words come from my journal,” Baylin says, “but musically, I wanted to write a love letter to Dusty Springfield.”

While inspiration for the disc came easily, production was more labored. “Little Spark” sat on the shelf for nearly three years while Baylin sought out a new manager and started her own label, Blonde Rat. In the meantime, she and pro-



DAVID WIGNALL

Pop singer Jessie Baylin is married to Kings of Leon drummer Nathan Followill.

Inside Track

“Little Trouble Girl”

Baylin recasts this dreamy Sonic Youth gem (from its 1995 “Washing Machine”) on her “Pleasure Center” EP. It’s a frazzled girl-group confection eerie enough to soundtrack a David Lynch movie.

ducer Richard Swift made a gift for the fans who’d waited so patiently between albums: a free EP of covers showcasing Baylin’s influences.

“I felt like I needed to introduce a new sound to people, just to let them know where I am now,” Baylin says.

She and Swift recorded the tracks in the rural home she shares with her husband, Nathan Followill, drummer for Kings of Leon. “We live in a glass treehouse, and we recorded on the loft floor. When I listen to it, I still can’t believe it was done in our living room.”

That’s the kind of experience Baylin says she knows she could never have had on a major label. “This is the freest I’ve ever felt in my life,” she says. “I just get to create and do whatever feels good to me.” STEPHEN M. DEUSNER

● *Iota*, 2832 Wilson Blvd., Arlington; Thu., 8 p.m., \$10; 703-522-8340, iotaclubandcafe.com. (Clarendon)

Author Valued Family, Humor

Jan Berenstain, who wrote the Berenstain Bears books, dies

Appreciation

Jan Berenstain, who with her husband, Stan, wrote and illustrated the Berenstain Bears books that have charmed preschoolers and their parents for 50 years, has died. She was 88.

Berenstain, a resident of Solebury, Pa., suffered a severe stroke on Thursday and died Friday, her son Mike Berenstain said.

The gentle tales of Mama Bear, Papa Bear, Brother Bear and Sister

260M

The number of copies of Berenstain Bears books that have been sold worldwide since 1962. (AP)

Bear were inspired by the Berenstain children and later their grandchildren. The stories address children’s common concerns and aim to offer guidance on subjects such as dentist visits, peer pressure, a new sibling or summer camp.

The first Berenstain Bears book, “The Big Honey Hunt,” was pub-



MEL EVANS/AP

In this 2011 photo, Jan Berenstain works on the art for a Berenstain Bears book.

lished in 1962. Stan and Jan Berenstain created hundreds of books until Stan Berenstain’s death in 2005 at the age of 82.

“They say jokes don’t travel well, but family humor does,” Jan Berenstain said in 2011. “Family values is what we’re all about.”

Mike Berenstain is an illustrator who collaborated on the books with his mother in recent years. His elder brother, writer Leo Berenstain, is involved with the business end of the family franchise.

“It’s wonderful to do something you love for so many years,” Jan Berenstain said in 2011. “Not everyone has that.” JOANN LOVIGLIO (AP)

Today's Top Stops

COMPILED BY FIONA ZUBLIN



LARRY BUSACCA

1 Wake-Up Call

Don’t get us wrong: NPR hosts Steve Inskeep and Renée Montagne are lovely people. If you have to be awake at crazy-early o’clock, they are fine folks to spend your “Morning Edition” time with. But they are not Bob Edwards, who hosted the show from the Pliocene Epoch (or 1979) up through 2004. A Washington treasure and a true journalist in a time of hot air on the airwaves, Edwards reads from his latest book, “A Voice in the Box: My Life in Radio.” **AFL-CIO**, 815 16th St. NW; noon, free; 202-638-0320, Dclabor.org.

2 First Look

Charter Theatre’s First Draft series aims to expose D.C. audiences not only to new plays but also to the process of playmaking. It’ll host a free staged reading of “Waiting,” by Richard Washer, a play about a senior citizen who refuses to conform to social norms. Washer is a longtime D.C.-area playwright and Charter’s first playwright-in-residence. After the show, stay for a discussion of the script and offer your suggestions to make it better. **Theatre on the Run**, 3700 S. Four Mile Run Drive, Arlington; 7:30 p.m., free; Firstdraft.org.

3 Flapjack Free-for-All

Pancakes are the traditional meal on Shrove Tuesday in the U.K., Australia and Canada, but IHOP is a week late this year with its Free Pancake Day. All IHOPs will be giving out short stacks today — though they’re free only if you’re immune to guilt, since IHOP asks that you make a donation to Children’s Miracle Network Hospitals. **Various locations**; 7 a.m.-10 p.m., free; ihoppancakeday.com.



lookout TV tonight

Best Bets



CW 9:00
Ringer Andrew's second marriage proposal makes Bridget (Sarah Michelle Gellar, left) realize she is in way over her head, while Olivia (Jaime Murray) grows more suspicious about Malcolm (Mike Colter). A decision by Juliet (Zoey Deutch) forces Catherine (guest star Andrea Roth) to take drastic measures.

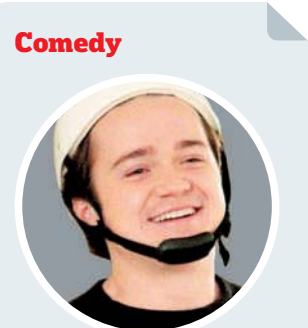
BRAVO 9:00
The Real Housewives of Orange County Vicki and Briana have a talk about Vicki's boyfriend and Briana's plans for surgery. Slade tries his hand at stand-up comedy, but Gretchen isn't pleased with his choice of material — jokes at the women's expense.



USA 10:00
White Collar Agent Kramer (guest star Beau Bridges, left) returns with his sights set on derailing Neal's (Matt Bomer) commutation. As Neal rushes to right an old wrong, Peter (Tim DeKay) is forced to take sides in the season finale. (TRIBUNE MEDIA)



NBC 10:00
Welcome To the Family
PARENTHOOD
As the Bravermans gather for a special celebration, Julia and Joel try to get off the emotional roller coaster the adoption put them through. Crosby (Dax Shepard, right, with Joy Bryant) and Adam decide what to do with the Luncheonette, and Sarah makes a big decision about her future in the Season 3 finale. (TM)



Comedy
Safety First!
Travis (Dan Byrd, above) has an accident and ends up in the hospital on "Cougar Town" (8:30 p.m., ABC), jolting Jules out of her single-minded wedding preparations. The guys invent a new game, but things get out of hand when Ellie and Laurie want to play. (TM)

DEPARTMENT OF HEALTH AND HUMAN SERVICES and NATIONAL INSTITUTES OF HEALTH (NIH)

VOLUNTEERS NEEDED FOR A LIVE INFLUENZA VACCINE RESEARCH STUDY



HEALTHY VOLUNTEERS ARE NEEDED at the National Institutes of Health (NIH) in Bethesda, Maryland, for a research study. The study is testing an investigational live virus vaccine against the H5N1 influenza virus to see if it is safe and compare how it works when given in the back of the throat versus as a pill.

- You may be eligible for the study if you:**
- Are between 18–49 years old and in good health
 - Have not had your tonsils removed
 - Are willing to be hospitalized for one week at NIH
 - Do not live or work closely with:
 - People who have weakened immune systems caused by chronic illness
 - Children younger than 5 years old
 - Elderly people
 - Pregnant women

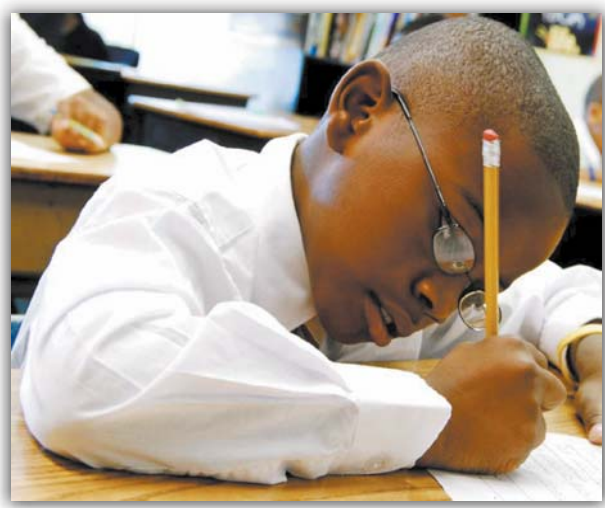
Individuals who live with you must agree to be monitored as well; however, they will not receive the vaccine. All volunteers will be compensated.

For more information, call
1-800-411-1222
(Reference SAMOSA Study or 11-I-0259)
TTY: 1-866-411-1010 Se habla español



What will I be when I grow up...

| | | |
|-------------|---------------|----------------|
| A Doctor | A Teacher | A Veterinarian |
| A Lawyer | An Astronaut | A Senator |
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The Capitol Deal

Today's Deal

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Featuring the fun and friendly competition of paintball without the mess, plan your Tippmann Laser Tag outing with a package at Pev's Paintball Park.

Aldie, VA

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Third Friday of the month

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lookout online



▲
“America’s screaming, LOLCat conscience has finally found a suitable outlet in Hank, a Virginia cat that is running for Senate. Hank, an independent, is running against former Virginia governors George Allen and Tim Kaine. If you’re feeling inspired, you can sign up to be one of Hank’s volunteer phone bankers, and then you can seek psychological help elsewhere.”
—EMMA CARMICHAEL AT GAWKER.COM reacts to the faux campaign, which has a website, a Facebook page, a Twitter handle and a campaign advertisement.

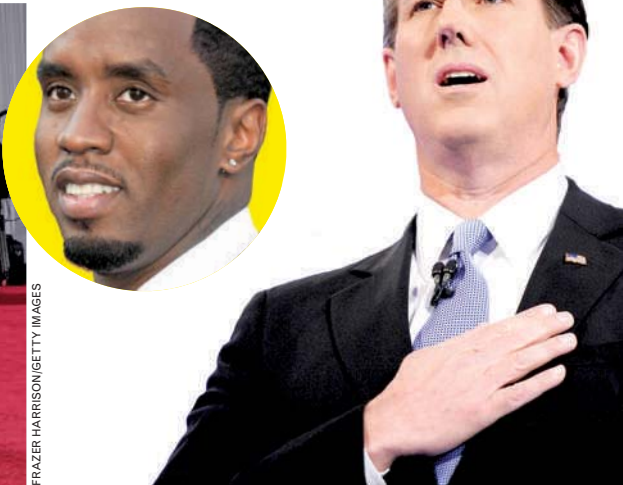


▲
“If [Sunday’s] Oscars gave us nothing else ... they gave us Angelina Jolie legbombing. You never know where The Leg will show up next.”
—BLOGS.HERALD.COM/DAVE_BARRYS BLOG appreciates the meme after Jolie posed oddly while presenting at the 84th Annual Academy Awards. The pose was immediately mimicked by “The Descendants” co-writer Jim Rash when he accepted his award for best adapted screenplay.

▲
“You should start your day there, no questions asked. It’s important to lend your stomach to charity when the opportunity presents itself.”
—KIM AT BANGSTYLE.COM is going to have a hard time staying away from National Pancake Day at IHOP, which will give out free short stacks today to raise money for Children’s Miracle Network hospitals and local charities.

▲
“Yes, that was a lint-roller freshening him up for a whole minute before he hit the carpet. Gotta love it.”
—NATASHA AT THEYBF.COM was impressed with Diddy’s red carpet entrance Sunday at the Oscars. Diddy won the best documentary award for “Undeclared,” for which he was an executive producer.

▲
“Just when I think Rick Santorum can’t say anything else to make my jaw drop, he conjures something new to confirm my suspicions that he’s not just an uber-conservative, but that maybe he’s gotten a few too many whiffs of those campaign bus fumes.”
—PUNDITMOM.COM can’t deal with the Republican presidential candidate, who said in an interview with Glenn Beck that President Obama is using colleges to indoctrinate children.



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| Security+ | Mar 14 |
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| MCTS: Windows 7 | Mar 31 |
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| Web Design and Developer | Apr 9 |
| Oracle 11g Database Administration | Apr 10 |
| Oracle 11g Certified Professional (OCP) | Apr 25 |
| Cisco Certified Network Associate (CCNA) and more... | May 5 |

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puzzles lookout

Horoscope

PISCES (Feb. 19-March 20) You are going to find yourself in a position that requires you to say or do something that is just as difficult as you expect.

ARIES (March 21-April 19) A new experience brings you closer to a loved one today, but you must be ready to feel more than you have in the past.

TAURUS (April 20-May 20) You may be finding it difficult to play catch-up with an old friend. Today may be the only chance you will have for quite awhile.

GEMINI (May 21-June 20) You'll understand much more about yourself when you discover a thing or two about your origins, courtesy of newly found photos or recordings.

CANCER (June 21-July 22) You may not be enthusiastic about a certain project today. Give yourself a chance — but don't resist change if change is justified.

LEO (July 23-Aug. 23) Time is of the essence today; if you can get more than one thing done at a time, all the better.

VIRGO (Aug. 23-Sept. 22) Others may think a certain situation is really quite easy, but you know better than anyone just how complicated it can quickly become.

LIBRA (Sept. 23-Oct. 22) It's a good day to explore options for improving how you look and feel. There's nothing wrong, per se, but you need a little something.

SCORPIO (Oct. 23-Nov. 21) You and a friend are looking forward to a little fun before you go your separate ways for a while. Don't let the time get away from you.

SAGITTARIUS (Nov. 22-Dec. 21) You may be able to get relief from certain key stressors today — but you're going to have to make a certain sacrifice when you do.

CAPRICORN (Dec. 22-Jan. 19) Get the advice and counsel of experts today — but don't make the mistake of thinking that because they say it, you must do it!

AQUARIUS (Jan. 20-Feb. 18) You will want to assess certain situations for yourself before choosing a course of action.

Scrabble Grams

PAR SCORE 140-150, BEST SCORE 218

| | | | | | | |
|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| | | | | | | |
| A ₁ | O ₁ | P ₃ | D ₂ | R ₁ | H ₄ | T ₁ |

Triple Word Score

| |
|--|
| |
|--|

 RACK 1

| | | | | | | |
|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| | | | | | | |
| A ₁ | U ₁ | H ₄ | T ₁ | R ₁ | D ₂ | G ₂ |

| |
|--|
| |
|--|

 RACK 2

| | | | | | | |
|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| | | | | | | |
| A ₁ | I ₁ | T ₁ | T ₁ | N ₁ | B ₃ | C ₃ |

| |
|--|
| |
|--|

 RACK 3

| | | | | | | |
|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| | | | | | | |
| A ₁ | O ₁ | U ₁ | D ₂ | L ₁ | N ₁ | T ₁ |

4th Letter Double

| |
|--|
| |
|--|

 RACK 4

Yesterday's Solution

| | | | | | | |
|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| A ₁ | R ₁ | O ₁ | U ₁ | S ₁ | E ₁ | D ₂ |
| C ₃ | A ₁ | T ₁ | N ₁ | I ₁ | P ₃ | |
| T ₁ | A ₁ | D ₂ | P ₃ | O ₁ | L ₁ | E ₁ |
| A ₁ | V ₄ | I ₁ | D ₂ | I ₁ | T ₁ | Y ₄ |

 PAR SCORE 140-150

 RACK 1 = 60
 RACK 2 = 10
 RACK 3 = 60
 RACK 4 = 78
 TOTAL 208

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | | | | 6 | 5 | 9 | | |
| | 8 | 6 | | | 3 | 7 | 5 | |
| | | | | 1 | 7 | 9 | | 4 |
| 5 | 7 | | | 1 | 2 | 4 | | 8 |
| | 3 | | | 9 | | | 1 | |
| 2 | | 8 | 7 | 4 | | | 9 | 5 |
| 1 | | | 2 | 5 | 4 | | | |
| | 9 | 3 | 6 | | | 5 | 7 | |
| | | 2 | 9 | 3 | | | | 6 |

Yesterday's Solution

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 9 | 3 | 1 | 8 | 2 | 6 | 7 | 5 |
| 1 | 5 | 6 | 7 | 9 | 3 | 4 | 2 | 8 |
| 7 | 8 | 2 | 6 | 4 | 5 | 1 | 3 | 9 |
| 8 | 1 | 4 | 3 | 5 | 7 | 9 | 6 | 2 |
| 6 | 7 | 9 | 2 | 1 | 4 | 8 | 5 | 3 |
| 2 | 3 | 5 | 9 | 6 | 8 | 7 | 4 | 1 |
| 9 | 4 | 7 | 5 | 2 | 1 | 3 | 8 | 6 |
| 5 | 6 | 8 | 4 | 3 | 9 | 2 | 1 | 7 |
| 3 | 2 | 1 | 8 | 7 | 6 | 5 | 9 | 4 |

Need more Sudolku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

51 **39**

Today: Mostly sunny and cooler today. Increasing cloudiness tonight.

48 **45**

Tomorrow: Periods of rain tomorrow. A couple of showers tomorrow evening.

Looking Ahead



THU **FRI** **SAT**
60 | 37 **56 | 45** **63 | 35**

Sun and Moon

Sunrise today: 6:43 a.m.
 Sunset today: 5:59 p.m.
 Moonrise today: 9:53 a.m.
 Moonset today: none

Almanac

Normal high: 50
 Record high: 77
 Normal low: 33
 Record low: 8

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lookout puzzles

Crossword

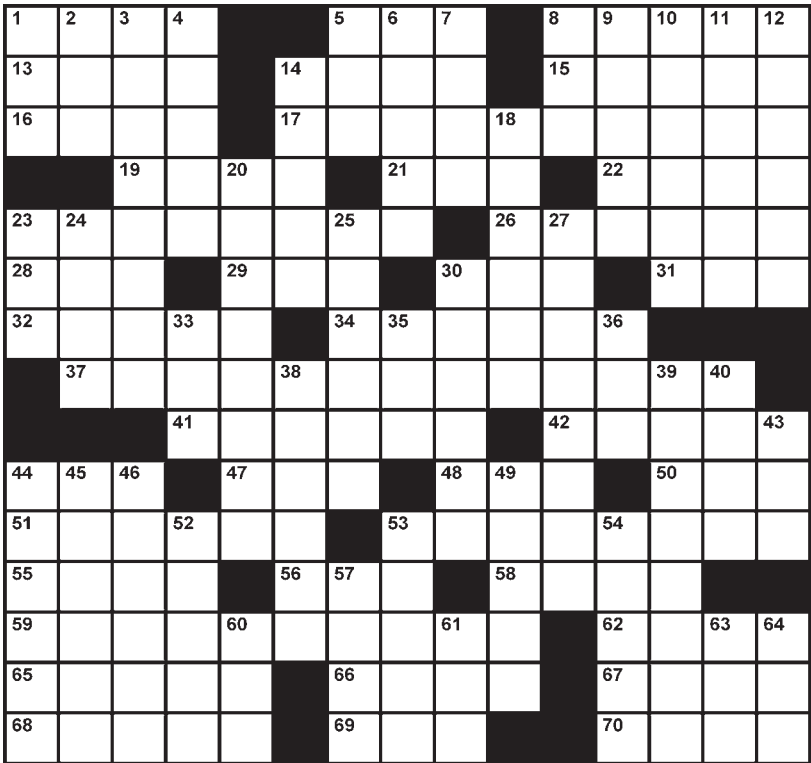
WHAT'S FOR (AFTER) DINNER?

ACROSS

- 1 Amazed exclamations
5 ____-Jo (1988 Olympics star)
8 Thing for the plus column
13 Lifebuoy rival
14 Hodgepodge
15 Lavender relative
16 1814-15 exile for Napoleon
17 Some Thanksgiving fare
19 Not in favor of
21 Trident-shaped Greek letter
22 Pitched enclosure
23 Lines that touch but don't intersect
26 Discolor by burning
28 Angry feeling
29 "Chosen one" played by Keanu
30 Old Glory's land
31 Nectar inspector
32 Diamond measure
34 Electromagnetic wave amplifiers
37 Fruity dessert
41 More sharp, as pain
42 "Love ____ Around" ("The Mary Tyler Moore Show" theme)
44 Accounting dept. employee, perhaps
47 "7 Faces of Dr. ____"
48 .0000001 joule
50 Two-finger sign
51 Abate
53 Building castles in the air
55 Brewer's kiln
56 Parker's responsibility?
58 Cause of a run
59 Sexy photographs, informally
62 Calif. wine valley
65 Fauvist painter Matisse
66 Discharge, as radiation
67 Suffix meaning "land" in some country names
68 "Come in" command
69 ____ Luis Obispo
70 Congerlike

DOWN

- 1 Homage in verse



EDITED BY TIMOTHY E. PARKER

- 2 2010 Gulf problem
3 Slow Cuban dance
4 It might not appear in the dictionary
5 Affliction formerly called the gripe
6 Hobbles along
7 "Clumsy me!"
8 "How ____ doing?"
9 ____ Domingo
10 Exceptionally good
11 To demonstrate clearly
12 Cut one's molars
14 Express a viewpoint
18 Did more than just hugged
20 Arm of the sea?
23 ____ Tac (breath freshener)
24 Iraqi or Lebanese

- 25 Beefsteak or cherry
27 Buttoned sweater
30 Interest gouger
33 California's Santa ____ winds
35 Gibbon, e.g.
36 "Boom-bah" lead-in
38 Delicate difference
39 Handle the maps
40 Narrow, secluded valley
43 An April fooler might pull yours
44 Bell-shaped hat
45 "Proud" bird's mate
46 Be agreeable
49 Adjust the chronograph, e.g.
52 1,000 liters
53 Acting major
54 Clerical quarters

- 57 Scores 100 on
60 Title of nobility
61 They're all in the family
63 Trusted friend
64 Indefinite amount

Yesterday's Solution



Today in History

1953 James D. Watson and Francis H.C. Crick say they've discovered the double-helix structure of DNA.

1993 A gunbattle erupted at a compound near Waco, Texas, when Bureau of Alcohol, Tobacco and Firearms agents try to serve warrants on the Branch Davidians; four agents and six Davidians are killed as a 51-day stand-off began.

express



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people **lookout**
AGING GENERIC LEADING MEN
Kevin Costner to Perform—
That's Not Kevin Costner?

Dennis Quaid is the headliner of an upcoming concert in Montana to raise money for ZooMontana. Quaid sings and plays rhythm guitar. A zoo statement quotes Quaid as saying he typically makes "a complete and utter fool" of himself in his musical performances in his effort to make the act fun for the audience and the band. Tickets are \$58. (AP)

FAILED LIES
'Check the List Again.
Name's Sandra Bullock.'


Actress Sean Young was arrested after a scuffle with a security guard at the official post-Oscars party, police said Monday. Young, 52, was placed under citizen's arrest at the Governors Ball after the dispute, police Cmdr. Andrew Smith said. "She was trying to get into the party and couldn't get in," he said. She posted \$20,000 bail and was released early Monday. (AP)



A red-carpet reporter would have never otherwise considered having a spare jacket on hand.

WISDOM
'Thanks for
The Obvious
Advice, Mom'

Ryan Seacrest said on his radio show Monday that he was "surprised but not surprised" when Sacha Baron Cohen, playing his "The Dictator" character, poured ashes on him. "My mom told me as a young, young live-from-the-red-carpet reporter, when I was a mini-reporter, 'You always want to make sure to have two jackets. You never know what is going to happen.'" (EXPRESS)

Victims
Shut Up, Joe Francis

After a cease-and-desist letter was sent by Joe Francis' lawyer just before the Super Bowl, Madonna changed the name of her new song, "Girls Gone Wild," to "Girl Gone Wild." That's "still infringement," Girls Gone Wild founder Francis told TMZ. (EXPRESS)


ROLES
Greenpeace Protest Stars
Lucy Lawless as Herself

Lucy Lawless was arrested in New Zealand Monday after a Greenpeace demonstration. She and six others boarded a drillship Friday to protest Arctic oil drilling. "This chapter has ended, but the story of the battle to save the Arctic has just begun," she said in a statement. (EXPRESS)


"My stomach literally grew double overnight!!
This belly came out of nowhere!"

— KRISTIN CAVALLARI, AT THE E! PRE-ACADEMY AWARDS PARTY, EXPRESSES ASTONISHMENT AT HOW PREGNANCY WORKS.

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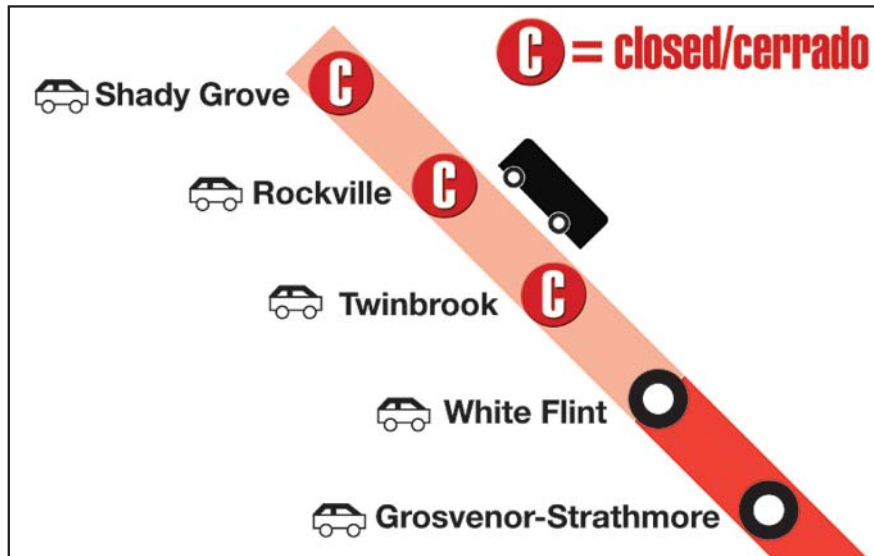
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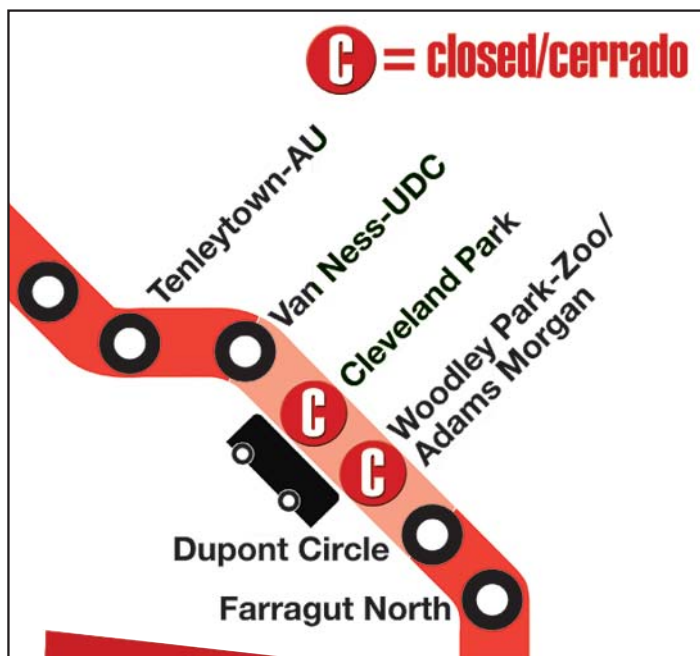
XX055 5x1

Weekend Track Work



From Friday, March 2 at 10 p.m. to Sunday, March 4 at closing:
Buses replace trains on the Red Line between Shady Grove and White Flint stations.

Temporarily closing stations and suspending train service is necessary while Metro replaces track circuit modules per NTSB recommendations, rehabilitates track and performs cable work.



From Friday, March 9 at 10 p.m. to Sunday, March 11 at closing:
Buses replace trains on the Red Line between Van Ness and Dupont Circle stations.

Temporarily closing stations and suspending train service is necessary while Metro replaces rail and rail fasteners and renews insulators.

To get last train times or information about shuttle bus service, parking and alternate routes, please visit **MetroForward.com** or call 202-637-7000.

Track work projects like this are part of Metro's commitment to building a better ride for you.

DUPONT CIRCLE ALERT:
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